2001 California Dietary Practices Survey

Table 1: Proportion of California Adults Who Ate Foods Recommended for Good Health

Question: Yesterday, did you eat 5 or more servings of fruits and vegetables?
(Fruit and vegetable consumption based on 24 hour recall question module)
Yesterday, did you drink any milk?
Was the milk you drank whole, 2%, 1%, or fat free?
Yesterday, did you eat any yogurt?
Yesterday, did you eat any cheese?
Yesterday, did you eat any breakfast cereals? If yes, was it a high fiber cereal?
Yesterday, did you eat any whole grain breads or corn tortillas?
Yesterday, did you eat any beans such as kidney beans, refried beans or chili beans?

Percent Eating Each Item

	5 or More Servings of Fruits and Vegetables	Any Milk	Any Fat Free Milk/1% Milk (out of everyone)	Any Yogurt or Cheese	Any High Fiber Cereal	Any Whole Grain Breads/Corn Tortillas	Any Beans
Total	**34**	**55**	**19**	**56**	**11**	**45**	**27**
Sex							
Males	33 *	60 **	17 *	56	10	45	29
Females	34	52	21	56	11	45	26
Males							
18 - 24	36	63	14	63 **	6 ***	43 **	32 **
25 - 34	34	59	18	64	8	50	40
35 - 50	30	61	18	57	10	36	25
51 - 64	31	57	16	44	8	44	22
65+	39	59	20	50	24	57	25
Females							
18 - 24	27 **	57	14 *	61 *	2 ***	47	30
25 - 34	29	58	24	63	9	42	32
35 - 50	39	46	19	60	10	45	25
51 - 64	35	46	18	50	10	45	22
65+	39	52	29	47	21	52	20
Ethnicity							
White	36	58 **	25 ***	62 ***	13 ***	46	23 ***
Hispanic	33	58	10	47	4	44	44
Black	24	45	7	51	10	51	28
Asian/ Pacific Islander	33	43	14	51	11	37	14
Education							
Less than high school	28 ***	57 ***	8 ***	42 ***	6 **	41	47 ***
High school graduate	31	61	19	59	8	43	27
Some college	32	48	16	59	11	46	26
College graduate	40	57	28	60	14	47	21
Income							
Less than $15,000	28	55	16 **	51 **	10	49	33 ***
$15,000 - 24,999	37	60	15	58	8	44	32
$25,000 - 34,999	36	52	20	52	13	46	38
$35,000 - 49,999	34	55	18	58	12	43	20
$50,000+	36	56	26	64	13	43	22
Physically Active							
Did not meet recommendations	28 ***	55	17 **	54 *	10	41 ***	29
Met recommendations	42	55	22	60	12	50	25
Overweight Status							
Overweight/Obese	33	58	21	55	9	42 *	28
Not overweight	36	53	18	59	12	48	26

A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi square test:
  * p<.05
 ** p<.01
*** p<.001

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Table 2: Proportion of California Adults Who Did Not Eat Selected Foods Recommended for Good Health

Question: Yesterday, did you eat any fruits and vegetables?
Yesterday, did you eat any whole grain breads, tortillas, or high fiber cereal?
Yesterday, did you drink/eat any milk, yogurt, or cheese?

		Percent Ate	
	2 or Fewer Fruits or Vegetables	No Whole Grain Breads/Corn Tortillas or High Fiber Cereal	No Milk, Yogurt, or Cheese
Total	**37**	**50**	**21**
Sex			
Males	40 **	51	18 *
Females	34	50	23
Males			
18 - 24	40	57 **	17
25 - 34	40	48	16
35 - 50	39	57	17
51 - 64	47	51	22
65+	38	34	20
Females			
18 - 24	48 **	52	12 **
25 - 34	38	55	18
35 - 50	29	49	24
51 - 64	34	51	27
65+	26	40	31
Ethnicity			
White	36 *	49	18 *
Hispanic	32	54	24
Black	48	45	28
Asian/ Pacific Islander	40	58	23
Education			
Less than high school	42 ***	56	27 *
High school graduate	40	53	18
Some college	42	49	22
College graduate	27	47	18
Income			
Less than $15,000	44 *	47	22
$15,000 - 24,999	34	53	17
$25,000 - 34,999	34	47	23
$35,000 - 49,999	39	52	25
$50,000+	34	51	16
Physically Active			
Did not meet recommendations	42 ***	54 ***	21
Met recommendations	30	45	20
Overweight Status			
Overweight/Obese	37	54 **	20
Not overweight	36	47	21

A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi square test:
  * p<.05
 ** p<.01
*** p<.001

Table 3: Consumption of Salad Dressing, Out of Salad Eaters, Trends 1993-2001
Question: Was the dressing you had on the salad regular dressing, reduced fat or reduced calorie, vinegar or lemon juice, or no dressing at all?
Base: Out of Salad Eaters

	Percent Who Ate Low Fat Dressing					Change of Percentage			
	1993	**1995**	**1997**	**1999**	**2001**	**1993-95**	**1995-97**	**1997-99**	**1999-01**
Total	**46**	**51**	**59**	**54**	**48**	**5**	**8****	**-5**	**-6**
Sex									
Males	41	46	62	55	52	5	16***	-7	-3
Females	50	55	57	53	45	5	2	-4	-8
Males									
18 - 24	29	16 *	44	63 *	46	-13	28	19	-17
25 - 34	52	34	58	62	50	-18	24*	4	-12
35 - 50	33	56	64	42	42	23*	8	-22**	NC
51 - 64	34	59	75	64	70	25	16	-11	6
65+	61	37	61	54	53	-24	24	-7	-1
Females									
18 - 24	48	49	48	62	33	1	-1	14	-29
25 - 34	43	62	47	49	43	19	-15	2	-6
35 - 50	50	53	59	47	40	3	6	-12	-7
51 - 64	52	57	60	53	49	5	3	-7	-4
65+	51	50	66	67	58	-1	16	1	-9
Ethnicity									
White	48	51	56	55	50	3	5	-1	-5
Hispanic	46	54	63	59	47	8	9	-4	-12
Black	41	36	61	45	42	-5	25	-16	-3
Asian/Pacific Islander				53	32				-21
Education									
Less than high school	48	54	58	55	41	6	4	-3	-14
High school graduate	39	38	59	45	41	-1	21**	-14	-4
Some college	44	49	59	51	46	5	10	-8	-5
College graduate	51	59	59	60	55	8	NC	1	-5
Income									
Less than $15,000	45	49	52	63 *	43	4	3	11	-20
$15,000 - 24,999	47	49	65	55	44	2	16	-10	-11
$25,000 - 34,999	46	41	62	33	51	-5	21*	-29***	18
$35,000 - 49,999	50	54	60	53	37	4	6	-7	-16
$50,000+	43	55	55	53	53	12	NC	-2	NC
Physically Active									
Did not meet recommendations					43 *				
Met recommendations					53				
Overweight Status									
Overweight/Obese					49				
Not overweight					48				

A box around a group of numbers signifies that differences observed within this group are statstically significant
Chi square test:
   * p<.05
  ** p<.01
*** p<.001

Table 4: Healthy Eating Practices Score (HEP Score)

	Mean Healthy Eating Practices Score
Total	**2.7**
Sex	
Males	2.7
Females	2.7
Males	
18 - 24	2.5[a] *
25 - 34	2.8[ab]
35 - 50	2.6[a]
51 - 64	2.6[ab]
65+	3.2[b]
Females	
18 - 24	2.4[a] *
25 - 34	2.7[ab]
35 - 50	2.7[ab]
51 - 64	2.6[ab]
65+	3.0[b]
Ethnicity	
White	2.8[c] ***
Hispanic	2.7[bc]
Black	2.3[a]
Asian/ Pacific Islander	2.4[abc]
Education	
Less than high school	2.6[a] ***
High school graduate	2.6[a]
Some college	2.6[a]
College graduate	3.0[b]
Income	
Less than $15,000	2.5
$15,000 - 24,999	2.8
$25,000 - 34,999	2.8
$35,000 - 49,999	2.7
$50,000+	2.8
Physically Active	
Did not meet recommendations	2.5 ***
Met recommendations	2.9
Overweight Status	
Overweight/Obese	2.7
Not overweight	2.7

[1] The score reflects the average of healthy eating behaviors practiced on the previous day. The score was calculated based upon one point each for: having fruit and a vegetable; eating 5 or more servings of fruits and vegetables; having any milk, yogurt or cheese;having any 1% or fat free milk or yogurt; having whole grain breads/ corn tortillas; having any high fiber cereal; and having any beans. The maximum points was seven.
A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA).
Categories sharing a common superscript (a, b, c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).
ANOVA
   * p<.05
*** p<.001

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Table 5: Healthy Eating Practices Score, Trends 1991-2001

	Mean Healthy Eating Practices Score						Percent Change				
	1991	1993	1995	1997	1999	2001	1991-93	1993-95	1995-97	1997-99	1999-01
Total	**3.1**	**3.1**	**3.1**	**3.0**	**3.0**	**2.7**	**NC**	**NC**	**-0.1**	**NC**	**-0.3**
Sex											
Males	3.0	3.1	3.1	3.0	2.9	2.7	0.1	NC	-0.1	-0.1	-0.2
Females	3.1	3.2	3.2	3.1	3.0	2.7	0.1	NC	-0.1	-0.1	-0.3
Males											
18 - 24	3.1	3.0^a ***	3.2^{ab} **	3.1^a	2.9^{ab} *	2.5^a *	-0.1	0.2	-0.1	-0.2	-0.4
25 - 34	2.8	2.8^a	2.9^a	2.8^a	2.7^a	2.8^{ab}	NC	0.1	-0.1	-0.1	0.1
35 - 50	3.0	3.0^a	2.8^a	2.9^a	3.0^{ab}	2.6^a	NC	-0.2	0.1	0.1	-0.4
51 - 64	3.0	3.0^a	3.2^{ab}	2.9^a	2.7^a	2.6^{ab}	NC	0.2	-0.3	-0.2	-0.1
65+	3.4	3.8^b	3.6^b	3.3^b	3.4^b	3.2^b	0.4	-0.2	-0.3	0.1	-0.2
Females											
18 - 24	2.6^a ***	2.9^a **	2.6^a ***	3.1^a **	2.7^a *	2.4^a *	0.3	-0.3	0.5	-0.4	-0.3
25 - 34	3.1^a	3.2^{ab}	3.0^{ab}	2.9^a	3.0^{ab}	2.7^{ab}	0.1	-0.2	-0.1	0.1	-0.3
35 - 50	3.0^a	3.2^{ab}	3.3^b	3.1^a	2.9^{ab}	2.7^{ab}	0.2	0.1	-0.2	-0.2	-0.2
51 - 64	3.1^{ab}	2.9^a	3.1^{ab}	3.0^a	3.1^{ab}	2.6^{ab}	-0.2	0.2	-0.1	0.1	-0.5
65+	3.7^b	3.6^b	3.9^c	3.5^b	3.3^b	3.0^b	-0.1	0.3	-0.4	-0.2	-0.3
Ethnicity											
White	3.2^c **	3.3^{bc} ***	3.2^{bc} ***	3.1^{bc} ***	3.1^b ***	2.8^c ***	0.1	-0.1	-0.1	NC	-0.3
Hispanic	2.9^{bc}	3.1^c	3.4^c	3.3^c	3.1^b	2.7^{bc}	0.2	0.3	-0.1	-0.2	-0.4
Black	2.7^a	2.8^a	2.5^a	2.2^a	2.1^a	2.3^a	0.1	-0.3	-0.3	-0.1	0.2
Asian/Pacific Islander					2.1^a	2.4^{abc}					0.3
Education											
Less than high school	2.9^{ab} ***	3.1^a ***	3.5^c **	3.0^{ab} ***	2.8^a ***	2.6^a ***	0.2	0.4*	-0.5*	-0.2	-0.2
High school graduate	2.7^a	2.8^a	3.0^{ab}	2.8^a	2.7^a	2.6^a	0.1	0.2	-0.2	-0.1	-0.1
Some college	3.1^{bc}	3.0^a	3.0^a	3.0^a	3.0^{ab}	2.6^a	-0.1	NC	NC	NC	-0.4
College graduate	3.4^c	3.4^b	3.3^{bc}	3.3^b	3.2^b	3.0^b	NC	-0.1	NC	-0.1	-0.2
Income											
Less than $15,000	3.1	2.9	3.1	2.8^a **	2.9^{ab} **	2.5	-0.2	0.2	-0.3*	0.1	-0.2
$15,000 - 24,999	3.0	3.1	3.2	3.1^a	2.7^a	2.8	0.1	0.1	-0.1	-0.4*	-0.3
$25,000 - 34,999	3.0	3.0	3.0	3.3^b	2.9^{ab}	2.8	NC	NC	0.3	-0.4*	-0.1
$35,000 - 49,999	3.0	3.2	3.2	3.0^a	3.1^{ab}	2.7	0.2	NC	-0.2	0.1	0.1
$50,000+	3.2	3.3	3.1	3.0^a	3.2^b	2.8	0.1	-0.2	-0.1	0.2	NC
Physically Active											
Did not meet recommendations						2.5 ***					
Met recommendations						2.9					
Overweight Status											
Overweight/Obese						2.7					
Not overweight						2.7					

[1] The score reflects the average of healthy eating behaviors practiced on the previous day. The score was calculated based upon one point each for: having fruit and a vegetable; eating 5 or more servings of fruits and vegetables; having any milk, yogurt or cheese; having any 1% or fat free milk or yogurt; having whole grain breads/ corn tortillas; having any high fiber cereal; and having any beans. The maximum points was seven.

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